

Healthy Schools Healthy Students



September

Pick a better snack™ with your family - Save money and eat smart!

Cooking with Tomatoes

Sweet summer tomatoes are one of the tastiest foods we grow in Iowa. They're great in salads, chopped up in cottage cheese, or tossed in pasta. Even when the fresh summer tomatoes aren't available, you can still enjoy delicious tomato flavor in your favorite foods.

Relax together this month! Play your way, one hour a day.

Canned tomatoes add sweet flavor and nutrients. Tomatoes are a good source of vitamin C, vitamin A, and antioxidants. Look for varieties that are sweet in taste. Here are some easy ideas for using canned tomatoes:

- Puree a can of crushed tomatoes into your next soup or stew. The tomatoes will give the stew sweetness and a rich texture.
- Add drained diced tomatoes and other veggies along with some grated low-fat cheese to chilled pasta to make a pasta salad.
- Drain diced tomatoes and use them to top a frozen cheese pizza.

Saving Money on Tomatoes

Fresh tomatoes are most expensive and most flavorful when they are in season. Local tomatoes are available at farmers markets across Iowa between July and September. During the rest of the year, consider buying canned tomatoes. They have great flavor and a low price year-round. There are lots of choices - diced, crushed, puréed, and sauced. Watch for sales on canned tomatoes with garlic, Italian herbs, and onions. They are great to have on hand when you are in a hurry.



Pick a better snack™

Family Newsletters

Looking for monthly newsletter articles that can be posted on-line or printed on the back of lunch menus for families? Iowa Dept. of Public Health has newsletters written to help families with healthy eating and activity ideas. [Click here](#) to access PDFs in both English and Spanish.

The hustle and bustle of the start of the school year is here and gone and it's now time for routines to be established. What new policies are in place at your school this year to support a healthier school environment? We would love to hear from you!

Healthy Schools = Healthy Students!



October 7 - A Day to Move! - Start to Plan!

There are two initiatives taking place on October 7, both with the goal of getting schools to promote physical activity. Participating in one (or even both!) is a great way to support a healthy school environment by celebrating active lifestyles.

International Walk to School Day: A global event that involves schools from around the world walking and biking to school on the same day, promoting safe routes to school.



Walk at the Whistle: Live Healthy Iowa Kids, the Healthiest State Initiative, and the State Fire Marshal Division are partnering to promote physical activity and fire safety by encouraging Iowa schools and youth organizations to 'Walk at the Whistle' by conducting a fire drill in conjunction the annual Healthiest State Walk. To support local events, 15, \$100 mini-grants are available. Deadline to apply: Sept 28. For more information visit [walk at the whistle](#) contact Allie Paulson at allie.paulson@livehealthyiowa.org.

Smart Snack Recipes!

Foods and beverages sold to students during the school day are required to meet the Federal *Smart Snack* regulations. Family Consumer Sciences, Foods Classes and school stores have requested recipes that are compliant.

We have created a webpage that includes Smart Snack approved recipes!

Please share your recipes with us.

[Click here](#) to check them out.

Super Power Summit

Middle school teams are invited to attend the 8th annual Super Power Summit to be held on October 13 in Des Moines. Attendees will be motivated to become school wellness advocates at their schools when they return and will have the opportunity to apply for \$500 sub-grants. [Click here](#) for more information.



Back to School with Farm to School

Iowa schools enrolled in the Fuel Up to Play 60 Program will be receiving their back to school kits soon. This school wellness program is sponsored by the National Dairy Council and the NFL and encourages youth to choose

nutrient-rich foods and to get out and play at least 60 minutes each day. Each kit contains three posters of: an Iowa farm, a NFL mascot visiting a dairy farm, and a NFL Player. These posters will help bring awareness to students and educators that dairy is fast, fresh, and local. The kit also includes information on the Farm to School Play and a Farm to School Contest!

To learn more, contact Jen Ransom at jransom@midwestdairy.com.



School Wellness Webinars

Action for Healthy Kids Webinar: Wed. Sept 9th, 3:00- 3:30pm

TODAY! Join Action for Healthy Kids and GoNoodle to learn more quick tips and find resources to help you get your students up out of their desks and moving to re-activate their brain and re-energized for learning. It's not a brain break but a brain energizer and their easy to do to get kids moving more in your classroom!



USDA Webinar: Wed. Sept 16th 2:00 - 3:00pm

Nutrition Education in the Classroom: Tips for Educators

This webinar will discuss innovative ways elementary and middle school educators can integrate nutrition education into core subjects like math, language arts, and science. New teaching resources available from Team Nutrition will be shared. Guest speakers during this national webinar include teachers from Storm Lake Elementary School!



Iowa Ag Today

Iowa Ag Today is a great supplement to science, social studies, and language arts. Each issue is chock-full of discussion topics, new vocabulary, and other materials that you can easily integrate into lessons. Last school year two printed versions were sent to all 4th grade classrooms in Iowa by the Iowa Ag Literacy Foundation. The 3rd edition will be sent out in early October. [Click here](#) to view electronic copies. If you would like printed copies from the first two editions, please contact Will Fett wfett@iowaagliteracy.org.



Looking for new menu Ideas? Check out the NE Iowa Cycle Menu!

The 5-week cycle menu was created by NE Iowa school food service directors as an easy way to incorporate more Iowa grown foods onto school lunch trays. It includes fall, winter, and spring variations. It has over three years of implementation and testing in 4 school districts ranging in size from 300-1700 students. Provides fresh ideas for daily offerings! [Click here.](#)



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